


Hello Kensington Friends!

Wow! We are almost halfway through the month of May! I hope all the mothers enjoyed their special day! Be healthy! Be safe!

How are all my friends feeling? Have you been exercising? Play any games?

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| <p>Watch and Try (by yourself or with a family member)</p> | <ul style="list-style-type: none"> Watch the video using the link below. You may find it helpful to watch it a few times before you begin dancing. Take your time and enjoy! https://youtu.be/ISCGmp9QqqI |
| <p>Moving Required</p> | <ul style="list-style-type: none"> Betsy the Banana: A Cosmic Kids Yoga Adventure! Watch, listen and try. https://youtu.be/40SZl84Lr7A |
| <p>Explore</p> | <ul style="list-style-type: none"> Have tried any new activities in the last few weeks? |
| <p>Review</p> | <ul style="list-style-type: none"> Remember The Anger Rules  |
| <p>Design</p> | <ul style="list-style-type: none"> Create an Anger Rules picture for your home |
| <p>Tell Me</p> | <ul style="list-style-type: none"> Please share any of your pictures or videos with me. |

Questions? Want to share anything? Contact me at rankinm@springfieldpublicschools.com